



# INTERNATIONAL COOKBOOK

## English Class

### Spring 2002

Northern Manhattan Improvement Corporation  
Adult Education Program

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**Foreword:**

This cookbook represents the combined efforts of the students of Ben Schapiro's morning and evening ESOL classes in the spring cycle of 2002. These English classes are part of the Adult Education Program of the Northern Manhattan Improvement Corporation.

The idea for the cookbook arose when Jana Sladkova, our program director, urged us to consider a project-based curriculum. Interest in cooking and food preparation had already been demonstrated in the winter cycle. The cookbook idea seemed like an appropriate choice. The students liked the idea of it and enjoyed the weekly classroom cooking demonstrations. The food, which reflects the ethnic diversity of the class, was delicious too.

We all hope our readers find these recipes useful and tasty.

Ben Schapiro  
July 25, 2002

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## **Baked Ham Salad**

Rosa Gonzalez

### **Ingredients:**

1/3 cup mayonnaise  
3 tablespoons minced parsley  
2 tablespoons minced yellow onion

2 tablespoons diced dill pickle  
1 tablespoon sweet pickle relish  
1 tablespoon mustard  
3/4 tablespoon fresh lemon juice  
12 ounces of cooked ham

**Directions:**

In a large bowl, stir together the mayonnaise, parsley, onion, dill pickle, relish, mustard, and lemon juice. Stir in the ham. Serve with buttermilk biscuits.

## **Salmon Chowder**

Rosa Gonzalez

1 tablespoon vegetable oil  
1 large yellow onion  
1 clove garlic, minced  
2 medium size all purpose potatoes  
1 canned crushed tomatoes  
1/2 fish bouillon cube  
3 cups cold water  
12 ounces fresh or canned salmon  
2 tablespoons snipped fresh dill or dried dill weed  
\_ teaspoon of salt and black pepper  
2 cups of low-fat milk  
2 teaspoons of fresh lemon juice

**Directions:**

In a large, heavy saucepan, heat the oil over moderately high heat. Add the onion and garlic for 5 minutes or until tender. Stir in the potatoes, tomatoes, bouillon cube and water and bring to a boil. Low the heat, for 15 minutes. Stir in the salmon, dill, salt, and pepper. Simmer, uncovered, for 3 minutes or until the salmon is opaque. Stir in the milk and simmer 2 minutes. Remove from the heat and stir in the lemon juice.



## Ben's Vegetarian Lasagna

Ben Schapiro

### Ingredients:

4 lbs. of tomatoes, washed and diced  
3-4 large onions, diced or chopped  
1 head of garlic, minced  
1 bunch of basil, chopped  
1 bunch parsley, chopped  
\_ cup red wine (preferably sweet)  
\_ cup of olive oil  
1 lb. box of lasagna noodles  
1 \_ lbs. of ricotta cheese  
1 lb. of mozzarella cheese  
\_ lb. of provolone cheese and/or swiss cheeses  
\_ lb. or parmesan, romano or pecorino cheese  
\_ lb. of mushrooms  
seasonings to taste: (I usually put in \_- \_ teaspoon of each!)  
oregano, thyme, rosemary, ground clove, ginger, cumin, paprika, sugar, salt and pepper  
optional: cinnamon, marjoram, turmeric, red pepper, nutmeg

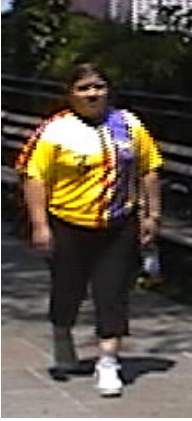
### Directions:

#### I. Home Made Tomato Sauce

Heat some olive oil in a 3-quart pot over low flame. Put in garlic and fry for two minutes. Add onions and continue frying till onion pieces are clear. Add tomatoes. Mix slowly and continuously. Add wine, basil and parsley. Add seasonings. Let cook over low flame for about \_ hour. Use immediately or store in refrigerator or freezer.

#### II. Preparation of Lasagna:

Parboil lasagna noodles until softened but still somewhat hard. Remove from boiling water and cool in cold water. Grease a 14"x20" baking dish with a little olive oil. Put down a layer of lasagna noodles. Cover the bottom completely. On top of noodles put a layer of ricotta cheese in spoonfuls. Slice the mozzarella and spread the slices on the ricotta layer. Cover with 1-2 ladles full of tomato sauce. Repeat process by putting down another layer of noodles followed by the provolone or Swiss cheese, the Parmesan and a layer of chopped mushrooms. For added flavor fry the mushrooms briefly in butter before adding in. Add another sprinkling of Parmesan. Cover with tomato sauce. Cover with final layer of noodles and tomato sauce. Cover baking dish with aluminum foil and bake in preheated oven at 375 degrees for about an hour. Remove foil in the final 15 minutes of baking if crunchy noodles are desired on top. Remove from oven and let cool for about 20 minutes before eating. Serve with garlic bread and tossed green salad.



## **Ceviche of Shrimps**

Blanca Santos

### **Ingredients:**

2 pounds tomato  
2 onions  
2 pounds shrimps  
1 Tablespoon salt  
5 lemons  
cilantro  
oil

### **Equipment:**

blender or food processor  
knife  
cutting board for onion and cilantro

### **Directions:**

1. Place a pot on the oven with two liters of water. Bring the water to boil. Add the tomatoes. Boil for 5 minutes.
2. While you wait for the tomatoes, chop the onions and the cilantro. Place another pot with 1\_ liters of water on the stove. Bring the water to boil then put the shrimps in the pot. Let the shrimps boil for 10 minutes.
3. After you have taken out the tomatoes, puree the tomatoes in the blender or food processor.
4. Then place the tomatoes that you pureed in a bowl. After the shrimps have boiled for 10 minutes take them out and place them together with the chopped onions into the bowl of pureed tomatoes. Salt to taste.
5. Place bowl in the refrigerator, and leave it until it cools.
6. Your ceviche of shrimps is ready to be served and if you want you can add some cilantro to taste.

## **Corn On The Cob**

Blanca A. Santos

### **Ingredients:**

8 ears fresh corn  
1 teaspoon sugar  
softened butter  
salt

### **Equipment:**

large kettle or pot  
measuring spoons  
small knife  
tongs

### **Directions:**

1. Fill the kettle 2/3 full with water and bring it to a boil.
2. Meanwhile, remove the husks and silky threads from the ears of corn. Don't husk the corn until you're ready to cook it.
3. When the water is boiling, add the sugar and the corn. When the water comes to a boil again, cook for 5 minutes, or until the kernels are tender when you test them with the point of the small knife.
4. Using the tongs, transfer the cooked ears of corn to a platter and serve at once with softened butter and salt.



## **Ecuadorian Style Sango**

Genny Poalasin

### **Ingredients**

2 green plantains  
1 lb. of shrimp  
6 cups of water  
Goya sofrito

### **Directions:**

Sautee Goya sofrito in a pot, add 6 cups of water. Bring water to boil for about 10 minutes. Then add 2 green plantains grated. Stir constantly.

Add 1 lb. of shrimp. Let stand about 10 minutes. 3. Serve hot with white rice.

## **Ecuadorian Style Shimp Ceviche**

Genny Poalasin

### **Ingredients:**

2 lbs. of shrimp, cleaned and skinless  
2 onions, chopped  
6 lemons, squeezed  
3 cups of water  
2 teaspoons of vegetable oil  
salt  
cilantro

### **Directions**

1. Boil the water. Add 2 lbs. of shrimps. Cook for 10 or 15 minutes. Put it aside. Let cool.
2. Chop onions, tomatoes, and cilantro.
3. Mix all ingredients in a bowl. Add squeezed lemons, salt and oil.
4. Serve with white rice or tostones.

## **Borscht**

Eduard Rakhman

### **INGREDIENTS:**

meat 1\_ lbs.  
\_ small head of cabbage  
4 potatoes  
1 beet  
\_ cup tomato paste or 2 tomatoes  
\_ sour cream  
1 carrot  
1 parsnip  
2 onions  
1 Tbsp. of vinegar  
2 tsp. of sugar  
4 -5 cloves of garlic  
1 Tbsp. parsley greens  
salt  
pepper

### **DIRECTIONS:**

Cook meat in 3 quarts of water. Remove the meat. Put potatoes, carrots, cabbage, onion and cloves in broth and cook about 20 minutes. Sauté beet and vinegar in fat taken from broth and cook about 10 minutes more. Stir in garlic, parsley greens and pepper. Serve with sour cream and meat.

## **Dominican Sun Rice or Arroz Del Sol Dominicano**

Elizabeth Francois



### **Ingredients:**

1 \_ Cups of rice (washed with water)  
\_ can of sweet corn  
1 whole carrot-grated  
1 teaspoon of salt  
1 tablespoon of cold butter  
2 tablespoons of corn oil  
\_ cup of chicken consommé  
1 \_ cups of water

### **Directions:**

In a saucepan or deep frying pan, add 2 tablespoon of oil, salt, and grated carrots. Sauce over a medium flame until the carrot changes its coloration from a less bright color. Next add the \_ cup of chicken consommé and 1 \_ cup of water. Wait for the contents to come to a boil.

Add the washed raw rice, and blend together on the stove for 1 minute. Cover the saucepan with a lid, reduce the flame, allowing the contents to simmer for about 10 minutes. After this time you will add \_ can of sweet corn, blending it together with the rice and other contents. Replace your lid and return to the stove with a low flame for an additional 18 minutes.

Add 1 tablespoon of cold butter, blend and your Arroz del Sol Dominicano is ready.

## **Dominican Seafood and Hearty Fisherman's Stew**

Elizabeth Francois

### **Ingredients:**

1 Can of tomato soup (preferably Italian style with oregano)  
2 whole cloves of fresh garlic (chopped)  
\_ teaspoon of oregano  
\_ teaspoon of ground black or white pepper  
2 cups of potatoes (cut into cubes)  
\_ cup of diced or chopped carrot  
\_ cup of chopped onion  
\_ cup of chopped or diced celery  
1 sweet red pepper (chopped)  
\_ to \_ pound of shrimp (cleaned)  
\_ to 1 pound of fish (you can use dorado, hake, flounder or tuna)  
4 or 5 leaves of coriander  
Salt and pepper to taste

### **Directions:**

Start off by cleaning and dicing your potatoes and other fresh vegetables. (Use new potatoes, not Idaho). Clean the shrimps and prepare the fish by cleaning and cutting into small sections or cubes.

In a large saucepan or pot, add water for the boiling of the potatoes only. Add 1 tablespoon of salt to the water and boil potatoes for 25 minutes. Remove from stove and drain off water for later use.

In a new and large pot, add 1 can of Italian style tomato soup, 2 soup cans of water. With a medium flame on, begin adding to this "tomato soup pot" diced carrots, previously cooked potatoes, chopped onion, chopped sweet pepper, coriander, salt and pepper. Cook the contents for 5 to 10 minutes on medium flame. Now add the shrimp and fish to the pot. Cook for an additional 10 minutes with a lid on the pot. Your Dominican Fishermen's Stew is ready.

## **Lamb and Celery Casserole**

Irene Lopez

### **Ingredients:**

4 oz. lamb fillet  
1/4 onion, chopped  
1 small carrot, chopped  
1 celery stalk sliced thin  
1 oz. button mushrooms, washed and sliced thin  
1 tbsp. of oil  
2 tbsp. of all-purpose flour  
3/4 cup beef broth  
1 bay leaf  
salt and pepper (optional)  
mashed potatoes  
baby Brussel sprouts

### **Preparation:**

1. Rinse the lamb under cold water and dry. Take off the fat and cut in small cubes.
2. Heat the oil in a frying pan, add lamb, onion and baby leaf and sauté until the lamb is browned. Add the vegetables and sauté 3 minutes until they are softened. Stir in the flour, and then add the broth, salt and pepper. Bring to boil. Then transfer to a casserole, cover and put into the oven for 45 minutes until tender.
3. Serve with mashed potatoes and Brussel sprouts.

## **Shrimps in Coconut Sauce**

Irene Lopez



### **Ingredients:**

2 lbs. of cleaned shrimp  
1 tomato, peeled and chopped  
3 stalks of cilantro  
½ cup of coconut milk  
2 tbsp. of olive oil  
salt and pepper

### **Directions.**

In a saucepan, heat olive oil, and fry onion and garlic for 2-3 minutes. Add tomato and cilantro. Bring to boil until tomato is soft. Blend the tomato mixture in a blender.

Place shrimps in a frying pan. Pour tomato mixture over it. Add coconut milk, salt, and pepper. Cover and simmer for 5-7 minutes.

Serve with white rice and fried plantains.

## **Artichoke Soup**

Jazmin Arias



### **Ingredients:**

6 artichokes  
2 onions  
8 tomatoes, chopped  
1 egg  
\_ pound of angel hair pasta  
bay leaf  
parsley

### **Directions:**

Chop the onions and the thin soft part of artichokes and fry with the tomatoes. Add necessary water, the laurel and the parsley. Let it to cook and later add the paste. 5 minutes before finished, add a beaten egg.

## **Chicken Soup**

Jazmin Arias

### **Ingredients:**

1 onion, chopped  
4 cloves of garlic, mashed  
2 bouillon cubes  
1\_ pounds of chicken  
1 carrot  
\_ pound of pumpkin  
\_ pound of angel hair pasta  
1 branch of cilantro

### **Directions:**

Fry the chicken. Add garlic and onion. When all is ready, add 4 cups of water, cilantro, carrot, pumpkin and bouillon cubes. When the water is boiling, add the pasta. When it's soft, it's ready to eat.

## **Spaghetti with Pork Ribs**

Jazmin Arias

### **Ingredients:**

1\_ pounds of spaghetti  
2 cans of tomato sauce  
1 pound smoked pork ribs  
1 onion  
2 cloves of garlic, mashed  
1 bouillon  
1 green pepper  
olives  
\_ pound of mozzarella cheese

### **Directions:**

Boil the spaghetti. When it's soft, remove from heat and immerse in cold water.  
Fry the ribs. Add onion, garlic, pepper and olives. Fry well. Add tomato sauce and bouillon. Let stand for 5 minutes. Add pasta, mixing well, and add a lot of cheese. Keep hot.



## **My Favorite Fish Soup**

Johanny Ventura

### **Ingredients:**

4 pounds fish  
1 pound potato, peeled and diced  
1 pound yucca, peeled and diced  
2 carrots, peeled and diced  
1 onion  
3 cloves of garlic  
1 teaspoon salt  
2 tablespoon oil  
2 lemon  
4 ears of corns  
4 cups water  
a little cilantro  
noodles

### **Directions:**

Heat oil in a heavy cooking pot. Add garlic, salt and juice of lemon, fry about 1 minute. Add fish. Around 5 to 6 minute later, add water. When the water boils, add potato, yucca, corn, carrots, noodles and cilantro. Boil for 30 minutes and serve hot.

## **Beef Stew with Carrots**

Luisa Madeleine Alvarez

### **Ingredients:**

1 lb. fresh chopped beef  
1 onion, chopped  
1 green pepper, chopped  
\_ stalk of celery, chopped  
\_ tsp. pepper  
1 tbsp. sauce  
cloves of garlic finely minced  
\_ tsp. Oregano  
1 large carrot chopped

### **Directions:**

Wash beef with lemon juice after seasoning with oregano, garlic, red cooking wine. Fry beef in oil. Add water and bring to boil for 30 minutes. Add carrots. Bring to boil for 15 minutes. Stir. Add remaining ingredients. Bring to boil about 15 minutes. Adjust seasoning to taste. Serve.

## **Vegetable Soup**

Minerva Rodriguez

### **Ingredients:**

1_ lbs. chicken breast	_ of onion
1 head of garlic	_ of chili
1 chicken flavor	1 tablespoon of oil
2 pieces of broccoli	2 stalks of celery
2 carrots	cauliflower
_ can of corn	1 teaspoon of salt

### **Directions:**

First, put the chicken breast in the pan and then put enough garlic. After that, add the onion and put in the chili and the chicken flavor along with the oil. Second, turn the stove on and put the pan on the fire. Stir what you have in it and add enough water. Third, cut the broccoli, carrots, celery, and the cauliflower. Then add the corn and salt until it's okay. Let it boil for approximately 35 to 40 minutes. Serve it and good luck.

## **Fish Soup**

Minerva Rodriguez

### **Ingredients:**

2 heads of fish  
\_ of onion  
1 head of garlic  
1 spoon of garlic  
1 spoon of oil  
\_ of chili  
2 carrots  
5 potatoes  
1 spoon of salt  
water

### **Directions:**

First, put the fish heads in a pan and then put enough garlic. Then add the onion. Now put in the chili and the chicken flavor. At the same time, add the oil. Second, turn the stove on. Add the rest of the ingredients to the pan. Stir everything and add enough water. Third, cut the carrots and potatoes. After this, add enough salt until it's okay. Let it boil for approximately 25 minutes. Serves five people.

## **Caponata**

Nancy Polanco from Serena Bass



Prep-Time: 10 minutes

Cook-time: 30 minutes

### **Ingredients:**

- 4 tablespoons yellow raisins
- \_ cup boiling water
- 2 pounds of eggplants, diced into 1- inch squares
- 5 tablespoons kosher salt
- 2 Holland red pepper, diced in \_- inch square
- \_ cup olive oil
- 6 plum tomatoes peeled, seeded, chopped
- 2 tablespoons tomato paste
- 3 tablespoons capers
- \_ cup chopped flat leaf parsley
- 2 or 3 tablespoons aged wine-vinegar, to taste
- 2 cloves of garlic

### **Directions:**

Soak the raisins in \_ cup boiling water and set aside. Toss eggplants with kosher salt and drain in a colander under a weight for 1 hour. Sauté peppers and onions separately using 3 to 6 tablespoons olive oil until al dente. Allow to cool. Pat the eggplant dry and sauté in batches until eggplant is cooked, but still firm. Sauté the tomatoes until just cooked, but not mushy. Add the tomato paste and onions and cook to combine flavors. Allow all ingredients to cool and then mix with yellow raisins, capers, and parsley and garlic. Add vinegar and fresh ground black pepper.

## **Cucumber Soup**

Nancy Polanco

### **Ingredients:**

1 tablespoon of vegetable oil  
1 pound small pickling cucumbers, peeled and chopped  
1 medium onion, chopped  
1 medium red bell pepper, chopped  
3 cups of low sodium chicken broth  
ground pepper to taste  
very small amount of salt  
1 tablespoon chopped fresh parsley

### **Directions:**

In a large saucepan, warm the oil over a medium heat. Add the cucumbers, onion and red pepper. Cook until all the vegetables are tender, about 15 minutes. Add the chicken broth. Cook for 10 minutes, stirring occasionally. Remove from heat. In a food processor, puree the soup until very smooth and then return to the saucepan. Bring to simmer and season to taste with salt and pepper. Serve hot and sprinkled with parsley.

## **Tuna Salad with Pasta**

Clara Tineo and Nancy Polanco

### **Ingredients:**

- 1 pkg. (12oz.) Rotini-ronzoni
- 2 cans of tuna
- 1 onion, chopped
- \_ green pepper, chopped
- \_ red pepper, chopped
- 2 stalks of celery, chopped
- 2 tablespoons olive oil
- 2 tablespoons vinegar
- 2 teaspoons salt
- 4 tablespoons of mayonnaise
- 1 tomato in slices (to adorn)

### **Directions:**

- (1) In one quart of boiling water, add a little bit of salt. Then add the pasta until it is cooked. Let drain and cool for a while.
- (2) Mix the chopped onion, peppers and celery. Then add the tuna, mayonnaise, salt, vinegar, and olive oil. Mix everything very well.
- (3) Finally, add the tomato slices, if desired, to adorn.

## **Norma's Luchiano Squid with Spaghetti**

Norma Dominguez



Preparation Time: 2 hours  
Cooking Time: 25 minutes

### **Ingredients:**

8 lbs. of calamari  
3 (8 Oz.) packages of spaghetti  
4 onions  
20 cloves of garlic, peeled  
2/3 of a cup vegetable oil  
3 dashes of oregano and white pepper  
2 (8 oz.) bottles of clam juice  
5 sprigs of parsley  
salt to taste  
3 little packages of coriander and annatto

### **Directions:**

Clean the calamari. When they are very clean, cut into slices. Chop onions and garlic into very small pieces. Chop the parsley too.

Heat oil in a pan and sauté onions, garlic, and some white pepper. When onions are clear, add the calamari. Stir. Add clam juice and parsley. Cook only for 10 minutes.

In a pot, boil water, add spaghetti. Cook till al dente. Rinse and add calamari mixture. Serve.

## **Olivia's Cheese Cake**

Olivia Ravello



### **Ingredients:**

- 2 eggs
- 1 8 oz. package of Philadelphia cream cheese
- 2 1 can sweetened and condensed milk
- 3 1 tsp. lemon juice
- 1 tsp. vanilla
- 4 strawberries and 2 kiwis
- 1 ready-made piecrust

### **Directions:**

Preheat oven to 350 degrees. In a blender mix ingredients for 5 minutes. Pour into piecrust. Bake in a preheated oven for 30-45 minutes or until golden brown. For decoration, slice strawberries and kiwis and place in layers on top of the cheesecake. Put cake in the refrigerator.



## **Rice with Chicken**

Patricio Parra from sister-in-law

### **Ingredients:**

2 lbs. of rice  
1 chicken  
\_ pepper  
\_ onion  
1 cup of wine  
2 tablespoons of tomato sauce  
4 cloves of garlic  
2 teaspoons of salt  
2 tablespoons of olive oil  
4 cups of water  
2 bouillon cubes  
2 teaspoons of adobo  
black pepper to taste

### **Directions:**

1. You season the chicken with garlic, adobo, pepper
2. Boil the chicken for about 30 minutes.
3. Then add onions, bouillon cubes, green peppers, wine, tomatoes, sauce, salt, olive, water and rice.
4. Then boil until the water evaporates it is dry.
5. Cover it over low fire for about 25-30 minutes.
6. Ready to eat.

## **Tiramisu**

Krystyna Pudlik



### **Ingredients:**

4 yolks  
4 tablespoons sugar  
10oz. Mascarpone cheese or farmer's cheese  
20 biscuits  
2 cups of strong coffee  
2 tablespoons of liquor

### **Directions:**

Make 2 cups of strong coffee and cool.

In a medium size bowl, use an electric mixer set at medium speed to beat the yolks and sugar until well blended. Add cheese and gently mix.

Add the liquor to the cooled coffee. Dip the biscuits into the coffee for a moment. In a ceramic dish, arrange wet biscuits in a single layer over bottom of dish. Spread the mixture evenly over the biscuits. Repeat with second and third layer. Sift cocoa evenly on top layer. Chill in refrigerator for 2 hours.

Serve chilled.

## Polish Pierogies

Krystyna Pudlik

### **Ingredients:**

#### *For the pierogi dough:*

1 pint sour cream  
5 cups flour  
2 tablespoons melted butter  
2 whole eggs  
1 egg yolk  
2 tablespoons salt  
2 tablespoons olive oil

#### *For the filling:*

\_ pound ground beef or pork  
1 teaspoon salt  
\_ teaspoon ground black pepper  
2 tablespoons minced shallots  
2 tablespoons minced garlic  
\_ cup green onions chopped  
\_ cup green onions chopped

#### *To finish:*

4 tablespoons butter  
1 tablespoon chopped fresh parsley leaves  
\_ cup sour cream

### **Directions:**

#### *For the dough:*

In a large mixing bowl, combine the sour cream, butter, 2 whole eggs, egg yolk, 2 tablespoons salt and olive oil. Knead the mixture into soft dough. Divide the dough in half and cover for 10 minutes. On a floured surface, roll each half of the dough into a thin circle, \_ inch thick. Cut the dough using a 3-inch circle cutter.

#### *For the filling:*

Season the meat with salt and pepper. In a pan render the ground meat for 3 minutes. Remove from the pan and drain on a paper-lined plate. In a mixing bowl, combine the ground meat, shallots, garlic, green onions and egg. Mix well. Season with salt and pepper. Place 1 tablespoon of the filling in the center of each circle of dough and fold over. Press and seal into half- moon shapes. Use a little water to seal the pierogies. In a pot of boiling, salted water, cook the pierogies for 8 minutes or until they float. Remove from the water and drain. In a pan melt 2 tablespoons of the butter. Fry the pierogies for 2 to 3 minutes on each side or until they are golden brown. Arrange the pierogies on a platter. Garnish with parsley and serve with sour cream.



## **Sauerkraut**

Rita Krayman

### **Ingredients:**

4 lbs. of cabbage  
4-5 carrots, grated  
2 tbsp. of salt

### **Directions:**

In a bowl, slice cabbage and knead until juicy. Add grated carrots and salt and knead again. Put into a casserole dish pressed down tightly. Use a heavy bowl filled with water to press the cabbage down.

Keep for two days at room temperature, checking periodically by piercing with a wooden stick.

## **Spring Salad with Cottage Cheese**

Rita Krayman

### **Ingredients:**

14 oz. cottage cheese  
3 tbs. sour cream  
1 cucumber  
3 tbs. scallions  
1 tbs. olive oil  
1-2 cloves of minced garlic  
a pinch of salt, sugar and ground pepper  
4 tbsp. dill  
lettuce leaves

### **Directions:**

Stir cottage cheese with sour cream. Stir in garlic with salt, pepper and olive oil. Peel cucumber cut into cubes. Cut small dill and scallions. Mix all ingredients and put a mound of leaves of lettuce on the plate. Over the salad, put a sprig of parsley.

## **Kugel with Cottage Cheese and Rice**

Rita Kreyman

Preparation time -10 minutes

Cooking time -50 minutes

### **Ingredients:**

12 oz. cottage cheese  
2 tbs. sugar  
2 eggs  
1 tbs. margarine for rice kasha  
a pinch of salt  
2 cups of crumbled rice kasha  
1 heaping cup of raisins

### **Directions:**

Cook crumbled rice kasha, cool. Mix rice with cottage cheese, eggs, raisins and sugar. If mass gets thin, add farina. Grease deep frying pan. Sprinkle in breadcrumbs. Put prepared mass in. Bake in oven about 20-25 minutes at 350°F. Serve hot with jam.

## **Rita Kreyman's Daughter's Latkes**

Latkes are a traditional Jewish food. Most of the Jewish people eat latkes on the Chanukah holiday.

### **Ingredients:**

2 tbsp. flour  
3 eggs  
6 large potatoes  
1 large apple, grated  
1 tsp. salt  
Oil for frying  
1 onion grated

### **Directions:**

Grate potatoes, apple and onion. Break in eggs and beat into the mixture. Add flour and seasoning. Shape into pancakes. Place oil in frying-pan. When hot, drop batter one spoon at a time into hot oil. When brown and crisp on one side, turn. When brown and crisp on other side, remove from frying pan. Drain on paper towel. Serve with applesauce, sugar or sour cream. Enjoy!

## **Lasagna**

Rita Yesaeva



### **Ingredients:**

16 pieces (about 16 oz) Ronzoni curly edge lasagna noodles, uncooked  
1 lb. Ground beef  
3 cups spaghetti sauce  
4 cups (2 lbs.) ricotta cheese  
2 cups (8 oz) shredded mozzarella cheese  
3 lbs. grated Parmesan cheese

### **Directions:**

Heat oven to 375 degrees F. Cook pasta according to package directions, drain. Meanwhile, in medium saucepan, cook meat until brown, drain. Stir in spaghetti sauce. Simmer 5 minutes. In 13x9 inch baking dish, spread \_ cup meat sauce. Place 4 pasta pieces lengthwise over sauce, overlapping edges. Spread 1/3 ricotta and mozzarella cheese over pasta. Cover with \_ sauce. Repeat layers twice, beginning and ending with pasta. Spread remaining sauce on top. Sprinkle with Parmesan cheese. Cover with foil. Bake 30 minutes or until hot and bubbly. Remove foil. Bake 5 minutes before serving. Makes 8 to 10 servings.

## **Rita's Matzoballs**

Rita Yesaeva

### **Ingredients:**

\_ cup oil  
1 cup matzo meal  
\_ cup water  
1 tsp. salt and a dash of pepper  
4 large eggs

### **Directions:**

Beat eggs and add water, oil, salt, and pepper. Mix well. Add matzo meal and stir thoroughly. Refrigerate one hour. Form into balls the size of walnuts (or bigger, it is up to you) and drop into 1-2 quarts of boiling water to which salt is added to taste. Cover with lid and cook 30 minutes or until done.

## **Vinaigrette Recipe**

Rita Yesaeva

### **Ingredients:**

4 medium sized beets, cooked  
4 medium sized potatoes, cooked  
3 large carrots, cooked  
1 medium onion  
2 cups of cabbage sauerkraut  
4 medium pickles  
1 can of sweet peas  
1/3 cup of oil  
5 stalks of dill to adorn

### **Directions:**

Peel and chop beets, potatoes, carrots, and onion in cubical forms. Chop pickles in the same shape. Mix well all vegetables and add sauerkraut, cabbage, sweet peas, 2 pinches of salt, oil. Mix together. For decoration, put chopped dill on top of the salad.

## **Fish Filets in Mushrooms Sauce and Wine**

Roberto Polanco



### **Ingredients:**

3 tablespoons of butter.  
8 ounces of mushrooms in slices.  
3 tablespoons of flour.  
\_ cup of white wine.  
1 ten ounce can of cream of mushroom soup.  
2 pounds of codfish filet.  
2 tablespoons of ground parmesan cheese.  
\_ tablespoon of pepper.

### **Directions:**

First, melt the butter in the pan over a medium flame. Then add onions and mushrooms and fry for three (3) minutes. Add flour and pour wine into the soup. Mix well. Cook until the onions and the mushrooms are done. Stir constantly. Set the temperature to low and put the fish in the pan on low heat until it is done. Pour the sauce over the filets; add pepper and cheese. Finally, cover the pan for 15-25 minutes. Makes 6-7 servings.

## **Submarine Sandwich**

Roberto Polanco

### **Ingredients:**

Mayo  
Bread  
Lettuce  
Oil and vinegar  
Genoa salami  
Tomatoes  
Oregano

### **Directions:**

Spread the mayo along the bread. Cut the lettuce in slices. Mix oil and vinegar and pour it over the lettuce slices. Put the tomatoes on top of the salami. Sprinkle a little oregano on.

*(as seen on MARTHA'S KITCHEN , channel 50, FOODNETWORK)*



## **Cabbage Rolls**

Sofiya Rakhman

### **Ingredients:**

8 cabbage leaves  
\_ cup of water  
1 lb. ground chuck beef  
1 egg  
1 cup precooked rice  
3 tablespoons of chopped onion  
salt and ground pepper  
2 cans (8oz. each) of tomato sauce  
1 tablespoon of sugar  
1 tablespoon of oregano.

### **Directions:**

In a large casserole, put cabbage and water and parboil until leaves are soft and ready. While cabbage is cooking, mix together ground beef, egg, rice, onion, salt and pepper. Place meat mixture on each partially cooked cabbage leaf. Return to casserole, placing rolls open side down. Blend tomato sauce, sugar and oregano. Pour over cabbage rolls. Cover casserole. Cook over on medium heat about 30 minutes.

## **Pain Perdu**

Marina Holguin



### **Ingredients:**

4 large eggs  
2 cups of milk  
\_ teaspoon of vanilla extract  
\_ cup (1 stick) of butter  
\_ cup of vegetable oil  
8 slices of stale bread  
2 cups of real maple syrup  
2 level teaspoons of freshly grated nutmeg  
Whipped cream (optional)

### **Directions:**

Preheat the oven to 350°. Blend the eggs in a blender for 5 seconds. Add the milk, sugar, and vanilla and blend again for about 15 seconds. Pour the mixture into a wide dish. In a small saucepan, melt together the butter and oil. Put a generous tablespoon of the oil mixture into a heavy bottomed skillet or frying pan and heat. When the oil is hot, soak each slice of bread in the eggs and milk mixture and fry on both sides until golden brown and cooked through, about 2 or 3 minutes each side. Remove from the heat. Arrange in an ovenproof dish, and keep warm in the oven until all the slices of bread are cooked. Pour a little maple syrup over each one and sprinkle with cinnamon. Serve hot, with whipped cream if you wish.

## Yolanda's Banquet

Yolanda Baldera

### Menu

Rice  
guandules  
fish  
wheat salad

### Directions:

#### *guandules*

Fry garlic and half onion in oil. Then add two can of guandules, a maggi bouillon cube, a stalk of celery, parsley, a spoon of oregano, a pound of pumpkin, salt and lemon. Stir frequently. when it is ready pickup all ingredient.

#### *rice*

Put water, oil, and salt in a pot. Bring to boil. When it is boiling, add the rice. When rice is dry cover for twenty five minutes over low heat. Then uncover and add a spoon of oil and mix. Cover again for ten more minutes. Then it is ready to serve.

#### *fish*

Season two pounds of jewfish to taste with lemon, salt, oregano and garlic. Cover for about twenty minutes. Then put in a pot to steam for forty more minutes. Then make a pickle and put it over it and it is ready.

#### *wheat salad*

Take 2 cups of wheat . Rinse twice with hot water. Put in hot water for six or seven hours. Then strain until it is dry. Add a teaspoon of oil, a tomato, salt, \_ teaspoon of lemon, two stalks of parsley, chopped. Mix all ingredients. Then cover till you are ready to serve.